

# WHITE TIGER MARTIAL ARTS

## 2<sup>nd</sup> Dan Black Belt

### **Techniques:**

**Form:** Kumkang

**Kicking**

**Self-Defense**

**Nun-chuck**

### **Knowledge**

#### **The Origin of Keumgang Poomsae**

Keumgang [meaning diamond] has the significance of "hardness" and "smooth", The Keumgang Mountain on the Korean peninsula, which is regarded as the center of national spirit, and the "Keumgang Yeoksa"[Keumgang warrior] as named by Buddha, who represents the mightiest warrior, are the background of demonstrating this poomsae.

The poomsae line is symbolic of the Chinese character mountain.

The movement should be powerful and well balanced so as to befit the black belt's dignity.

### **Counting Numbers:**

51. Oship eel

52. Oship Ee

53. OShip Sam

54. OShip Sah

55. OShip O

56. OShip Yuk

57. OShip Chil

58. OShip Pal

59. OShip Ku

60. Yuk Ship

### **Home Rules:** Age 13 & under

Numbers 1-8